

19. (Amended) The composition according to claim 17 or 18, wherein said composition contains another free amino acid which is selected from the group consisting of arginine and glutamine.

20. (Amended) The composition according to claim 19, wherein at least one of arginine and glutamine is present as an additional free amino acid in an amount in the range of 0.1 to 20 weight percent, calculated on dry matter basis.

35. (Amended) The composition according to claim 17, wherein said composition has the form of an isotonic beverage or sports bar.

Please add new claim 41:

41. (New) The composition according to claim 17, wherein leucine and phenylalanine are each present in at least about 7 wt.%, calculated on a dry basis.

Please see Appendix for amendments.